



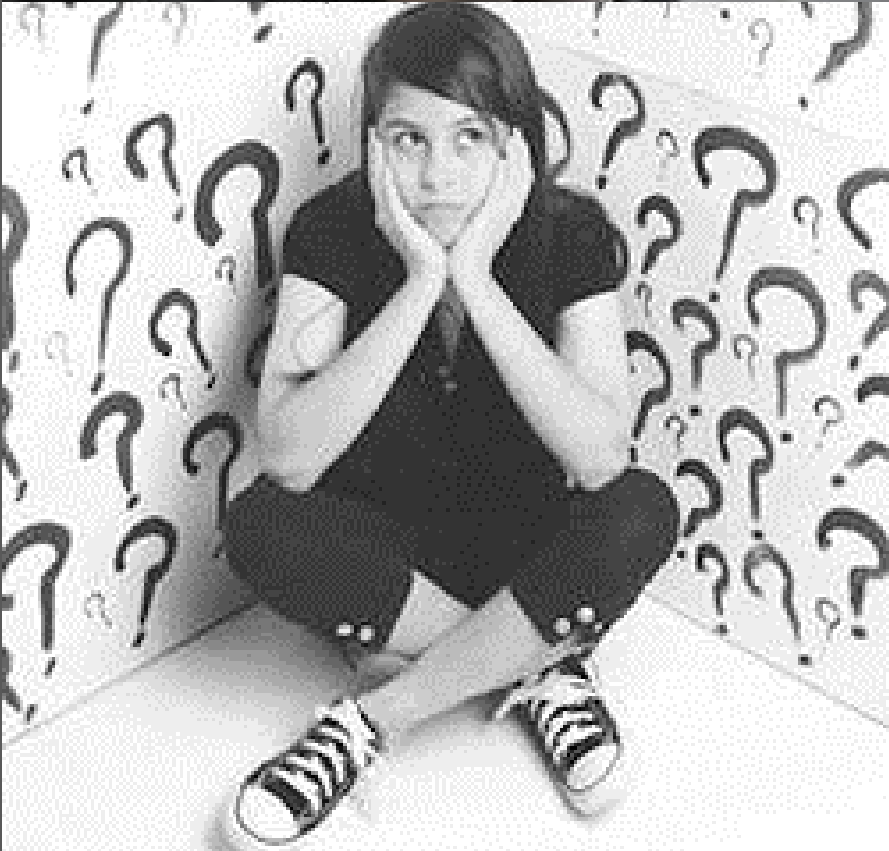
Adolescents' anxiety: Preliminary findings

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Emotional problems in **children**, **adolescents**, and **adults**: The need to design community-based prevention programs



- Untreated emotional problem in early childhood may cause emotional disorders in adolescence or adulthood
- Anxiety and depression impaired children's and adolescents' functioning: socially, emotionally, and academically
- No family-based as well as school-based intervention program has been developed and implemented in Indonesia

What we learned from previous studies



- Worry is higher in young girls than young boys
- After 5 week of training, lower hyperactivity and peer problem; higher prosocial behavior

Elementary school (SD)

550 students; Grade 3-5



- Girls reported more problem than boys (anxious, depression, somatic complaints, social relations)

Junior High School (SMP)

337 students; Grade 7



- Boys reported more externalizing problem (rule-breaking behavior) than girls)

Senior High School (SMA)

231 students; Grade 10



College / University



Study aims

- to investigate anxiety profile on adolescents, particularly vocational high school students and undergraduate students
- to explore differences on anxiety across subscales
- To assess the need for psychological intervention for reducing adolescents' anxiety and depression



Methods

- 378 adolescents (98% were girls):
 - 286 high school students
 - 99 undergraduate students
- $M_{age}=16.75$; $SD=1.547$
- Instruments: the Indonesian version of the Screen for Child Anxiety Disorders (SCARED; $\alpha = .880$):
 1. General Anxiety Disorder (7 items; $\alpha = .774$)
 2. Social Anxiety (8 items; $\alpha = .821$)
 3. Panic Disorder/School Avoidance (11 items; $\alpha = .813$)

Results:

1. Undergraduate students are more frequently reported panic disorder / school avoidance and emotional problems than high school students

Table 1. Results of comparison analysis

Scales	N	M	SD	df	t	p
Total scores						
- High schools	286	14.482	6.050	383	-3.424	.001
- Undergraduate	99	17.111	7.936			
Generalized Anxiety Disorders (GAD)						
- High schools	286	6.248	2.627	383	-.953	.341
- Undergraduate	99	6.556	3.137			
Social Anxiety (SA)						
- High schools	286	6.472	3.269	383	-1.697	.091
- Undergraduate	99	7.121	3.314			
Panic Disorder/School Avoidance (PD)						
- High schools	286	1.762	2.024	383	-5.819	< .001
- Undergraduate	99	3.434	3.438			

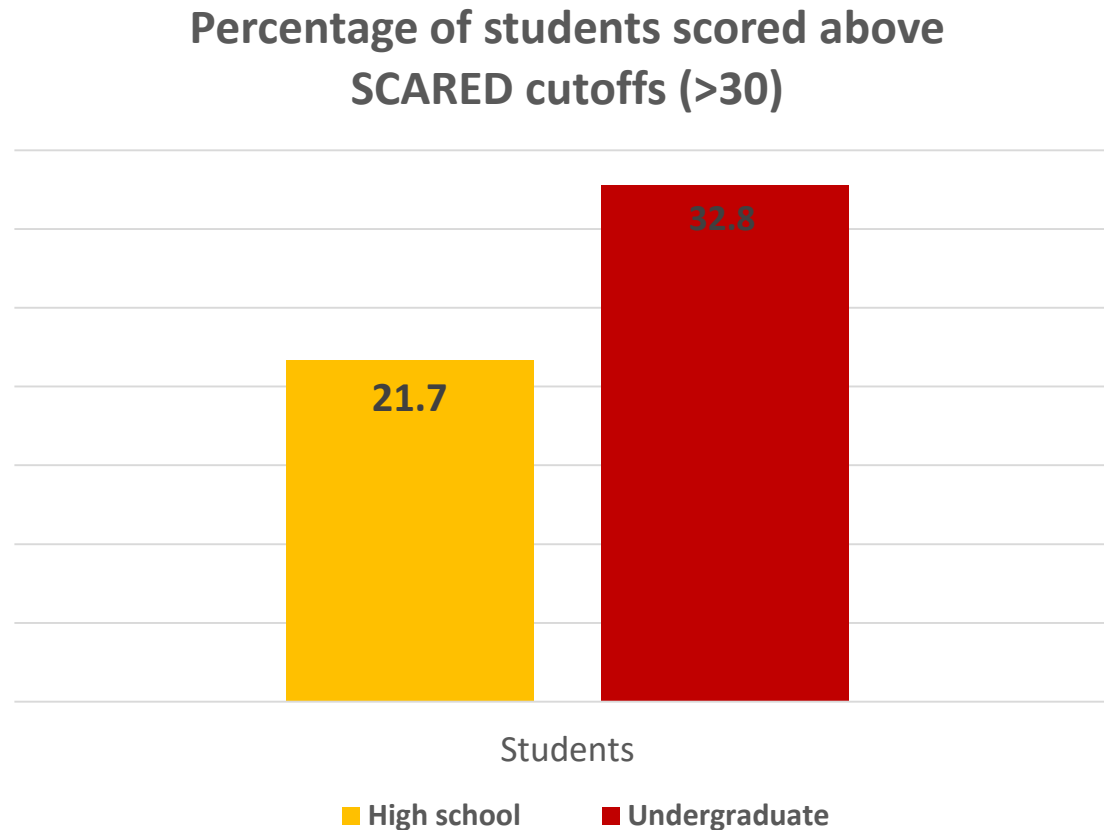
2. Any types of anxiety positively correlate with emotional problems

Table 2. Correlations between subscales and total scores of the I-SCARED

Scales		Generalized Anxiety Disorder	Social Anxiety	Panic Disorder / School Avoidance
Total score	<i>r</i>	.790**	.821**	.697**
	<i>p</i>	.000	.000	.000
	N	385	385	385
Generalized Anxiety Disorder	<i>r</i>	-	.483**	.358**
	<i>p</i>		.000	.000
	N		385	385
Social Anxiety	<i>r</i>		-	.333**
	<i>p</i>			.000
	N			385

**Correlation is significant at the .05 level (2-tailed).

3. Either in the high school or university, >20% of the youth participants need psychological support



Conclusion & Recommendation

- Different profile of anxiety across developmental stages and educational setting
- Findings indicates the need of early prevention and intervention program tailored to the educational level
- Awareness on early referral of anxiety problems among students should be raised among school principals as well as dean faculties prior to the escalated emotional problems
- We recommend to design a school-based as well as a family-based psycho-educational program to reduce anxiety on students



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